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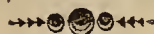
A COMPANION
TO THE
MEDICINE CHEST,

WITH

PLAIN RULES FOR TAKING THE MEDICINES,
IN THE CURE OF DISEASES.

BY THOMAS HOLLIS,
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No. 30, Union Street.....Boston.

TO WHICH ARE ADDED,
RULES
FOR RESTORING SUSPENDED ANIMATION,
FROM DROWNING.



LIST OF ARTICLES CONTAINED IN THE CHEST.

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Physical Bilious Pills,	2	Balsam Copaiva,	4
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Rhubarb,	2	Laudanum,	4
Picra,	2	Adhesive Plaster,	5
Castor Oil,	3	Essence of Peppermint,	5
Camphor,	3	Elixir Paregoric,	5
Opodeldoc,	3	Epsom Salts,	5
Burgundy Pitch,	3	Senna,	5
Sulphur,	3	Tincture of Rhubarb,	5
Cream of Tartar,	3	White Vitriol,	5
Basilicon,	4	Magnesia,	6
Turner's Cerate,	4		

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EMETICS.

DISSOLVE the contents of one paper in about six table spoonfuls of warm water, two of which, or about one third of the quantity should be taken every fifteen or twenty minutes until it operates ; during its operation, drink occasionally a draught of warm water or weak chamomile tea. If it operates too much, dissolve a tea spoonful of common salt in a little water, and take it every ten minutes until it abates. Should cramp of the stomach ensue, flannel dipped in hot water are to be applied over the stomach, and twenty to thirty drops of laudanum given. Emetics are proper in case of sickness at the stomach, loss of appetite, and head-ache, which often proceed from a foul stomach ; they will often prevent a fever, when taken in season.

PHYSICAL BILIOUS PILLS.

THESE Pills are very mild and effectual in their operation, and are an excellent physic in Bilious complaints, Jaundice, Indigestion, and whenever there is costiveness of body, with head-ache, giddiness, and loss of appetite, these pills should be immediately taken. The usual dose is from two to four.

JALAP AND CALOMEL.

THIS is efficacious when brisk purging is necessary, as in violent attacks of disease as Fevers, Small Pox, severe Cholic and pain in the bowels ; it answers sometimes instead of an emetic in cases of sickness at the stomach, bitter taste, foul tongue, with slight fever ; for a dose, the contents of one paper, or one tea spoonful, mixed with molasses or syrup ; if it does not operate upon the bowels in three or four hours, repeat the dose, or take a dose of Castor Oil.

RHUBARB,

Is a good purgative in weakness of the stomach and bowels ; a tea spoonful of the powder or grated root, mixed with molasses is generally sufficient for a dose ; it promotes digestion, and is an excellent medicine in Bilious Complaints, Relax, &c. A tea may be made of the root if preferred ; and when thus prepared and sweetened, it is a very useful medicine for Bowel Complaints of children as well as adults

PICRA.

ONE ounce of Picra, dissolved in one pint of wine or spirit, and half a wine glassful taken for a dose, is a safe and effectual medicine ; it is warming and stimulating, and is good



for Jaundice Complaints, Worms, &c. ; it also restores the appetite and assists digestion.

CÁSTOR OIL,

Is an excellent purgative, of so mild and safe a nature that whenever the bowels are costive, this remedy cannot be out of place ; dose two table spoonfuls. In Cholics, pain in the Stomach or Bowels, Dysentery, &c. it is very useful.

CAMPHOR,

DISSOLVED in spirit, is a good application for Head-ache, Sprains, Bruises, Rheumatism, &c. It is often used as a substitute for Opodeldoc. One ounce of Camphor dissolved in one pint of spirit, makes the Spirit of Camphor, which has been repeatedly tried, and proved successful in allaying and preventing Cholera. Taken in doses of from ten to fifteen drops.

OPODELDOC,

AN excellent application to Bruises and Sprains, rubbed upon the part with a warm hand or a piece of flannel. In Rheumatic pains, or violent pains of the side, this will be found very beneficial.

BURGUNDY PITCH,

SPREAD upon leather, thick cotton cloth, or canvass, and worn on the stomach, side or back, for Strains, Rheumatism, Weakness and Pain. In long protracted Coughs, a plaster the size of the hand and applied between the shoulders, will be found of great service.

SULPHUR,

Is an excellent medicine, and useful as a gentle purge in costive habits, it will cleanse and purify the blood in case of biles and other eruptions of the skin, mixed with molasses or syrup, two tea spoonfuls may be taken for a dose. Cream of Tartar is frequently mixed with Sulphur to render it more palatable and effectual. One third Sulphur and two thirds Lard mixed together, make a sure remedy for the Itch, rubbed upon the parts affected for two or three nights, and a dose taken of the sulphur and molasses in the morning will no doubt prove a sure cure.

CREAM OF TARTAR,

Is a cooling and gentle physic, two spoonfuls for a dose, taken in water or molasses. It also makes a wholesome as

well as a pleasant drink when dissolved in water, with the addition of a little sugar or molasses, in warm weather and in hot fevers.

BASILICON,

Is a good Ointment either for fresh wounds after the first dressing is removed, or for old sores, biles, or ulcers; it is drawing and healing.

TURNER'S CERATE,

Is a cooling Ointment, excellent for dressing wounds occasioned by burns and scalds, or any sores that require a cooling and healing application.

TURLINGTON'S BALSAM OF LIFE,

Is very good for cuts and wounds; bind up the wound with a rag, and pour upon it some of the Balsam once or twice a day, observing not to remove the dressing until it will come off without force, unless the parts should swell and become painful, then remove the dressing and apply a poultice or basilicon salve. For a weak stomach, cough, internal pains, &c. take fifteen drops on sugar two or three times a day.

BALSAM COPAIVA.

THIS is a very useful medicine, and is used to increase the discharge of urine. It strengthens the nervous system, tends to loosen the bowels, and is frequently of advantage in that very troublesome complaint the Piles. The dose is from twenty to thirty drops taken on sugar, two or three times a day. Very dangerous coughs have been cured by the use of this Balsam alone. From the effect which it produces upon the urinary passages, it seldom fails of curing many diseases of that part, particularly the *gleet*.

BALSAM FIR,

Is considered one of the best applications for cuts and wounds, and is highly recommended for inward weakness and pains occasioned by strains, sudden falls, &c. Dose about fifteen drops taken on sugar two or three times a day.

LAUDANUM,

WILL ease pain and procure rest. Dose thirty drops at bed time, in water; in violent cholics and cramp in the stomach, thirty drops joined with as much Essence of Peppermint, and taken in any warm liquid, will afford almost immediate relief.

ADHESIVE OR STICKING PLASTER,

SPREAD upon cotton cloth or leather, is used for binding together the edges of a fresh wound. It will be found very serviceable indeed, and particularly where no other article or bandage can be secured upon the wound.

ESSENCE OF PEPPERMINT.

THIS is good in sickness at the stomach, windy complaints of the stomach, colic, cramps, sea sickness, &c. Fifteen or twenty drops for a dose.

ELIXIR PAREGORIC,

Is good in coughs and colds. When a bad cold is taken, producing a hard dry cough, take a tea spoonful in water every four hours; it will allay and soothe the irritation which occasions frequent coughing, and affords relief in asthmatic complaints and disorders of the chest. The common dose is about two tea spoonfuls.

EPSOM SALTS,

Is a cooling laxative, or a mild purgative, and may be taken in doses of from one to three table spoonfuls dissolved in water and taken at any time of the day.

SENNA.

THIS is a speedy and sure cathartic, and is best taken in the form of a tea; half an ounce or a small hand full is sufficient for a dose, steeped in hot water. Epsom Salts is often mixed with it to increase its action. No opening medicine is superior to this in obstructions of the bowels.

TINCTURE OF RHUBARB,

Is a warm and gentle purge; in cases of weak stomach, laxity of the bowels, griping pains, diarrhæa, &c. it has a good effect; two large table spoonfuls for a dose. In severe cholics and pain in the stomach or bowels, it is frequently mixed with Castor Oil.

WHITE VITRIOL.

HALF a tea spoonful of this, dissolved in a half a pint of water, makes an excellent eye water for sore, weak and inflamed eyes. It is also used as an injection in gleet. White Vitriol in doses of from ten to thirty grains, operates almost instantly as an emetic, and is at the same time perfectly safe. It is therefore given, when immediate vomiting is required,

as in cases where poison has been swallowed. The following prescription has proved very successful in curing the Dysentery. Mix with a table spoonful of water as much White Vitriol as the water will dissolve. Take one part of this and five parts of Laudanum mixed; give to an adult fifteen drops every four hours, increasing the dose one drop daily. A dose of Castor Oil should precede the use of it; and should be repeated every other day, without omitting the drops.

MAGNESIA,

Is highly beneficial in all diseases of the stomach and bowels, which are attended with acidity, and gives immediate relief to the heart-burn. Dose from two to four tea spoonfuls, taken in water. Magnesia when combined with a little rhubarb, makes an excellent purgative, especially for children.

WATER GRUEL MADE FROM INDIAN MEAL, FLOUR, OR OATMEAL.

Take two or three large table spoonfuls of either of the above articles. Water three or four pints. While the water is heating, rub the flour, or meal in half a pint of cold water, adding a little at a time, then mix it with the hot water, stirring it at the same time, and boil ten minutes.

POULTICE FOR SORES AND INFLAMMATIONS.

Take of Indian meal or pounded bread, and flax seed, equal parts, boil them together fifteen or twenty minutes, and spread the mixture more than half an inch thick on rags, and apply them warm. They should be renewed every three or four hours.

To fumigate the fore-castle and other lodging apartments of a vessel, immerse a hot iron in vinegar, at the same time closing the hatches.

VEGETABLE ELIXIR.

This Elixir is prepared as follows: Take of Gum Myrrh four ounces, Cayenne half an ounce, Alcohol one quart, mix them together in a jug or bottle, shake them every day for six or seven days, and it is fit for use. This is useful for Rheumatism, Swellings, &c., used internally and externally; also for sore and chapped hands. Dose one tea spoonful in sugar and water.

FOR RESTORING PERSONS APPARENTLY DROWNED.

When the body is taken out of the water, it is to be stripped as soon as possible, wiped perfectly dry, and then laid between two blankets. The head is to be covered with warm flannels, or with a warm wool-len cap, and hot substances applied to the feet, belly and breast, and the body constantly rubbed with the hands. Bags of hot sand, or hot stones wrapped in damp cloths will be found useful applications. Having taken these steps, we should next endeavour to expand the lungs, so as to raise the chest and imitate breathing. Inflate the lungs as soon as possible with a pair of bellows, by putting the pipe in one nostril, while the other nostril and mouth are kept closed, and then by blowing with force, we may expand the lungs. When the breast is swelled by it, the bellows should stop, and an assistant should press the belly upwards to force the air out. This process should be repeat-

ed, twenty or thirty times in a minute, so as to imitate natural breathing as nearly as possible. If a bellows cannot be procured, some person should blow into one of the nostrils through a pipe or quill, whilst the other nostril and mouth are closed as before. While this is doing, every part of the body should be rubbed with warm flannels. During this time also, a large quantity of water or ashes should be heated for a warm bath; as soon as it is warm, the body placed in it; the blowing and rubbing continued as before, and when the water or ashes are cooled, more is to be added, so that the whole may be kept blood warm. When signs of returning life are apparent, the frictions must be continued, but more gently. These methods are to be continued three or four hours. When the patient can swallow, he is to take some warm spirits.

GENERAL DIRECTIONS.

Cleanliness, Regularity and Temperance, will most commonly, prevent the want of many medicines, and is the best security against disease. Water is the best, and certainly the only natural drink of man, and it is very important that it should be good, as the health and comfort of men at sea, depend very much on its purity. In order to have good and pure water, the casks must be well burnt before filled, and should never have salt water put into them, as is often done; but if proper means have been neglected, and the water becomes impure, then put into each cask a few pounds of charcoal, or a little slacked or unslacked lime. As a drink in warm weather, and a substitute for ardent spirits, use molasses and water, spruce beer, lemonade, soda water, or water slightly acidulated with vinegar or cider, with the addition of a little molasses or sugar, either of which will be found much better than spirit of any kind. It is allowed by the best physicians that copious evacuations from the stomach and bowels in the first attacks of disease are the surest methods of checking its violence and fatality.

In severe bruises upon the body, such as the stomach or head, the patient had better take a dose of Castor Oil or Salts, and bathe the part well with Opodeldoc, and cover it with flannel, or if on the stomach or side, apply a plaster of Burgundy Pitch.

Never sleep in your clothes wet, or in any situation exposed to dews; clothing should always be changed when wet, and the bedding should be kept dry and well aired.

Wounds made by running a nail, hook or other instrument into the hand or any other part, should be soaked in warm water two or three times a day, fifteen or twenty minutes each time; and afterwards a poultice applied and changed twice a day. After the pain, swelling and inflammation have subsided, then dress with Basilicon Salve. It is also highly recommended by physicians, in cases of wounds above described, to make a strong lye with ashes and warm water, or dissolve a piece of pearlash in water and soak the wound in that instead of clear water; however, either will answer.

If a wound should swell and become painful, it will be proper to remove the dressing and apply a poultice twice a day instead of Ointment or Balsam. The doses prescribed in this book, are intended for adults. Boys from 14 to 18, are to take only three-fourths the quantity; from 10 to 13 or 14, one half only.

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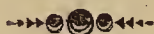
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